

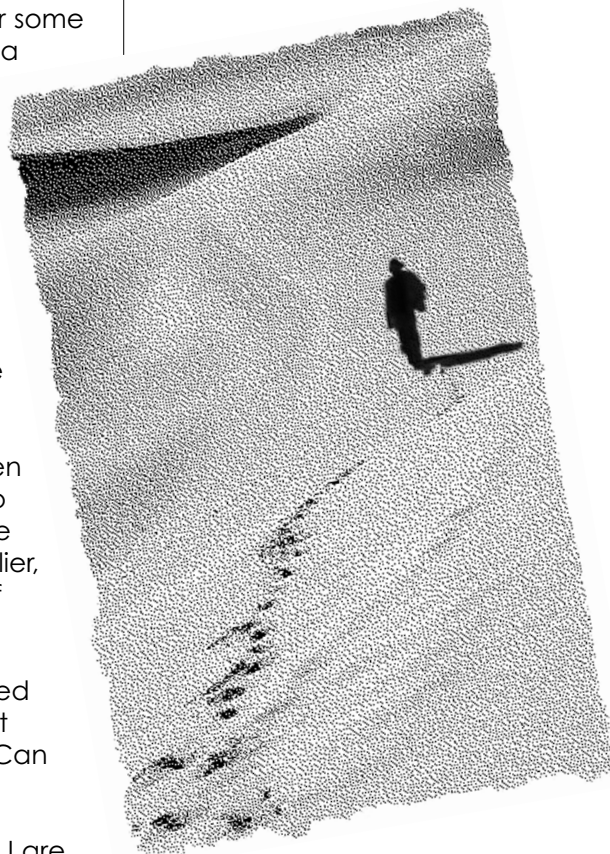
# Put a Little Bounce in Your Step

## 10 Ways to Make Walking Fun

If your idea of a good walk is the steps you take from the TV chair to the refrigerator, then maybe you need to expand your definition. Instead of seeing walking as an outmoded means of transportation, find ways to inject some fun into fitness walking. Here are some examples.

1. **Start up a walking club** with some coworkers or friends (see Walking and Talking). You'll enjoy the fresh air and each other's company, while gaining a support network to help you maintain a healthy habit.
2. **Get a dog** — it's a great way to enjoy a newfound friend, meet your neighbors, and get in a couple good walks every day.
3. **Don't want the vet bills?** Volunteer to walk dogs for the Humane Society, or borrow the neighbor's beagle.
4. **Discover a trail** by a stream, river, or reservoir.
5. **Take children with you**, and sing rounds, marching, or nonsense songs with them.
6. **Promise yourself a reward.** Put \$1 in a jar each day you go out for a walk. On the last day of each month, spend the money on yourself. How about a good book, a professional massage, or a new pair of walking shoes?
7. **Keep in mind the other rewards:** Walking can help you lose weight, look and feel better, gain more energy, improve your health, sleep better, and limit your time in front of the TV set.
8. **Buy a portable audiotape or CD player** and listen to your favorite music as you walk. Remove the headphones in questionable areas and near traffic, so you can stay on the alert for danger.
9. **Use your walk** to deliver some fresh-baked cookies to a neighbor.
10. **Walking and talking**  
Just having someone by your side who enjoys a good walk is enough to make it more inspiring. Ask a few physically active colleagues if they'd like to help you start up a club. Survey other employees on how often and when they'd like to meet, then promote the club by email, phone, flier, or newsletter. Try one of these phrases:
  - "The doctor told me I need more exercise, but I can't seem to do it by myself. Can you help me out?"
  - "(Coworker's name) and I are going for a little walk at lunch. Won't you join us?"
  - "How about discussing that project on a walk to the coffee shop?"
  - "Want to walk with me to the drug store? (video store? software store? etc.)"

- "I've discovered a wonderful trail around the reservoir — would you like to join me this weekend?"
- "Let's go exploring!"



*"Don't walk in front of me because I may not follow. Don't walk behind me because I may not lead. Just walk beside me and be my friend."*

— Albert Camus